



Once is Not Enough

Many women will get breast cancer and many women will survive breast cancer. A woman's chances for survival are dependent on early detection. The best way to detect breast cancer in its early stages is through regular clinical breast examinations and screening mammograms.

Who Gets Breast Cancer?

- All women have a chance of developing breast cancer.
- The biggest risk factors are being a woman and aging.
- Women 50 or older are the most likely to develop breast cancer.
- An estimated 13,700 women in Texas will be diagnosed with breast cancer this year.
- It's estimated that 2,600 women in Texas will die of breast cancer this year.
- The mortality rate is higher for African American women with breast cancer than White and Hispanic women with breast cancer.

When Should A Woman Get Screened?

- A good breast health routine includes an annual clinical breast examination and a regular mammogram.
- A woman should talk to her health care provider about when she should begin and how often she should get regular mammograms.
- Remember, getting a mammogram only *once is not enough!*

(The Texas Department of Health and local health care agencies across Texas offer breast examinations and mammograms at no cost to women age 50-64 with limited incomes. For more information on this program or the name of a clinic near you call 1-800-422-2956.)

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Texas Department of Health